



# MENOPAUSE FORECAST: DOWNPOURS



## NIGHT SWEATS

**Just one of the 40+ symptoms of the menopause**

These symptoms can have a real impact on people at work. GMB wants to make work better for those experiencing the menopause.

Want to find out how you can get involved in GMB's campaign for more inclusive workplaces? Speak to your GMB rep:

For more information including our model menopause policy go to our website: [www.gmb.org.uk/smash-the-stigma](http://www.gmb.org.uk/smash-the-stigma)